

Your soul seeks immensity.

It seeks expansion.

It seeks the light.

Allow it to expand.

Allow it to feel.

Allow it to heal.

Don't resist neurotic thoughts.

Allow them.

Don't resist negative feelings.

Allow them.

When you resist, you keep it alive.

When you resist, you continue to give it energy.

Instead, let go.

Allow them.

Accept them.

Embrace them.

Now take a deep Inhale and fill your lungs.

And exhale through those feelings.

Allow them.

Accept them.

Embrace them.

Then take another deep Inhale...

And exhale through those feelings.

Notice them.

Watch them.

Allow them.

Again, another deep Inhale...

And exhale through those feelings.

Allow them.

Accept them.

Embrace them.

This is the real you.

That is who you really ARE.

Allow it.

Accept it.

Embrace it.

the real you,

Want more?

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